

Education & Leisure : Family

Ice Skating at Skatetown Ice Arena Ages 6-11

If you are a beginner this is the class for you. Learn forward and backward skating, swizzles, one-foot glides, stick handling, passing and shooting.

Includes skate rental and a 30-minute supervised practice session following the 30-minute class.

Location: Skatetown Ice Arena
1009 Orlando Ave.
Roseville

Instructor: Skatetown Staff
Price: \$85/\$80 *Resident Discount*

Lace 'Em Up Ice Hockey

Thursdays 5:15-6:15pm
8/17-10/5 9703.508

Smooth Skating

Thursdays 5:15-6:15pm
8/17-10/5 9700.508

Open Skate for Roller Skating

\$4.00/parents

Saturdays 10:00-11:30am
Tuesdays 4:30-6:30pm

Except 7/18-8/15; 1:00-4:00pm

Roller Skating Ages 3-12

Certified instructors teach the basic elements of roller skating, emphasizing balance, coordination, and self-confidence. Students should arrive 15 minutes early for skate fittings. Skate rental included in class. Children under 5 may be accompanied by an adult. Parents may pay \$4.00 to attend open skate.

Location: Roller King
889 Riverside Ave.
Roseville

Instructor: Mike Jacques
Price: \$23/\$21 *Resident Discount*
Tuesdays 4:00-4:30pm

7/18-8/15 4801.507
8/22-9/19 4801.508
9/26-10/24 4801.509
11/7-12/5 4801.511
12/12-1/9 4801.512
1/16-2/13 4801.601
2/20-3/20 4802.602

Wednesdays 9:30-10:00am

7/22-8/19 4802.507
8/26 -9/23 4802.508
9/30-10/28 4802.509
11/4-12/2 4802.511
12/9-1/6 4802.512
1/13-2/10 4802.601
2/17-3/17 4802.602

Intermediate Hip Hop Ages 13-17

Come Join instructor Denise Pawlak in Hip Hop style dance. Dancers of all ability levels are encouraged to come experience this wonderful world. Fun and Funky combinations and routines will be taught while improving and perfecting technique, style, and teamwork.

Instructor: Denise Pawlak
Location: Sunset Center, Rm 106
Price: \$35/\$30 *Resident Discount*
Wednesdays 6:00-7:00pm

7/5-7/26 4040.507
8/2-8/23 4040.508
8/30-9/20 4040.509
9/27-10/18 4040.510
10/25-11/15 4040.511
11/22-12/13 4040.512
12/20-1/24 4040.601
1/31-2/21 4040.602

**No class 12/27, 1/3*

Ages 18+

Wednesdays 7:15-8:15pm

7/5-7/26 4041.507
8/2-8/23 4041.508
8/30-9/20 4041.509
9/27-10/18 4041.510
10/25-11/15 4041.511
11/22-12/13 4041.512
12/20-1/24 4041.601
1/31-2/21 4041.602

**No class 12/27, 1/3*

Bowling Ages 11-18

Come learn the basics of bowling. Course topics will include basic rules of bowling, bowling etiquette, scoring, proper approach and arm swing, lining up and spare shooting. Students should arrive 15 minutes early to the first class for ball and shoe fitting. Bowling balls and shoes are included.

All classes will be taught at Rocklin Bowl, contact Jacob or Pat at (916) 624-8216 for more information.

Location: AMF Rocklin Bowl
2325 Sierra Meadows Dr., Rocklin CA 95677

Price: \$53/\$48 *Resident Discount*

Saturdays

10:00am – 11:30am 6 classes

9/9/06-10/14/06 4771.509

11/4/06-12/16/06* 4771.511

1/27/07-3/10/07* 4771.601

12:00pm-1:30pm 6 classes

9/9/06-10/14/06 4772.509

11/4/06-12/16/06* 4772.511

1/27/07-3/10/07* 4772.601

**No Class: 11/25/06, 2/17/07*

Babysitters Training Ages 11-14

For young people, baby-sitting is one of the first opportunities to earn money and learn job responsibilities. Course topics include characteristics and basic care of children, playing with and supervising children, accident prevention and emergency actions, and customer relations.

Red Cross certificate issued upon successful completion of course. Book included. Bring a lunch.

Location: Rocklin Kids Junction Portable

Instructor: Susan Zaffree

Price: \$65/\$60 *Resident Discount*

Saturday 9:00am-3:30pm

8/12 4001.508

10/14 4001.510

1/20 4001.601



Education & Leisure : Family

Dog Training: Intro to Agility

**Beginner-Advanced;
Ages 9+,**

Dogs ages, 6 months+

A positive, non-aggressive approach to training and problem solving. Gain an understanding of canine behavior and develop a relationship with your dog based on trust and mutual respect.



Beginners work on a 6' leash. Intermediate work requires a 15'-30' leash and will start to work off leash. Advanced work will polish your skills.

Advanced classes may meet from 7:30pm-8:30pm during the winter months. Enrollment in the different levels may be determined by the instructor.

Location: South of Library Bldg on the grass by 5th St.
Instructor: Cindy Baker
Price: \$70/\$65 *Resident Discount*

Beginner:
Monday 6:30-7:30pm
7/31-9/4 5400.507
9/18-10/23 5400.509
2/26-4/2 5400.602

Intermediate:
Mondays 7:30-8:30pm
7/31-9/4 5401.507
9/18-10/23 5401.509
2/26-4/12 5401.602

Advanced:
Mondays 8:30-9:30pm
7/31-9/4 5402.507
9/18-10/23 5402.509
2/26-4/2 5402.602

IMPORTANT!

Dogs must have current vaccinations, and owner must bring proof to first meeting.

Introduction to Foil Fencing

Ages 10 — Adult

This class caters to the individual who has never fenced before. Emphasis is put on learning to hold the sword, positions, footwork and terminology. This is a one-time class. Students wishing to continue to fence should register for Beginning Fencing. Equipment is Provided. Wear athletic shoes. No shorts allowed.

Instructor: James Colgate
Location: Sunset Center, Sunset Room
Price: \$25/\$20 *Resident Discount*
Thursdays 5:30-6:00pm

7/6-7/27	4051.507	11/2-11/16	4051.511
8/3-8/24	4051.508	11/30-12/14	4051.512
9/7-9/28	4051.509	1/4-1/25	4051.601
10/5-10/26	4051.510	2/1-2/22	4051.602

Beginning Fencing Ages 10 — Adult

Apply the skills learned in the introductory class through wielding of the sword, drills, exercises and matches. Classes are ongoing. Equipment is provided.

Instructor: James Colgate
Location: Sunset Center, Sunset Room
Price: \$54/\$45 *Resident Discount*
Family of 2: \$49/\$40 *Resident Discount* (per person)
Thursdays 6:00-7:30pm

7/6-7/27	4050.507	11/30-12/14	4050.512
8/3-8/24	4050.508	1/4-1/25	4050.601
9/7-9/28	4050.509	2/1-2/22	4050.602
10/5-10/26	4050.510	<i>*No Class: 8/31, 11/23, 12/21, 12/28</i>	
11/2-11/16	4050.511		

Intermediate Fencing Ages 12 — Adult

Prerequisite 2 beginning sessions and instructor approval or some fencing experience. Continue to perfect your fencing skills, learn advanced positions and movements with the weapon and develop tactical strategies. Competition opportunities are available at this level. Purchase of personal equipment is recommended. Team taught with Mike Rogers.

Instructor: James Colgate; **Co-Instructor:** Mike Rogers
Location: Sunset Center, Sunset Room
Price: \$85/\$79 *Resident Discount*
Family of 2: \$80/\$74 *Resident Discount* (per person)
Thursdays 7:30-9:30pm

7/6-7/27	4053.507	11/30-12/14	4053.512
8/3-8/24	4053.508	1/4-1/25	4053.601
9/7-9/28	4053.509	2/1-2/22	4053.602
10/5-10/26	4053.510	<i>*No Class: 8/31, 11/23, 12/21, 12/28</i>	
11/2-11/16	4053.511		

Education & Leisure : Family

Danzan Ryu Jujitsu

Ages 16+

Danzan Ryu Jujitsu was founded in Hawaii by Prof. Henry Okazaki in the 1920s. Prof. Okazaki mastered three different systems of Jujitsu and added to them techniques he learned from Karate, Kung Fu, Judo, Boxing, Wrestling, Hawaiian Lua, Filipino Knife and stick fighting, and Spanish Dirk throwing to create his own system. This gave him the opportunity to choose the most effective throws, chokes, joint locks, strikes and other techniques for modern self defense. In addition, Prof. Okazaki also taught traditional Japanese Massage and healing arts, making Danzan Ryu one of the most complete and well-balanced systems available.

The City of Rocklin is now offering classes in Danzan Ryu Jujitsu on a continuing monthly basis. Classes will be taught by Sensei Jason Spencer, an instructor of Danzan Ryu and a member of the oldest Martial Arts organization in the U.S., the American Jujitsu Institute.

Instructor: Jason Spencer
Location: Sunset Center, Rm 103
Price: \$55/\$50 *Resident Discount*
Tues & Thurs 7:00-8:30pm

7/6-7/27 4600.507
 8/1-8/31 4600.508
 9/5-9/28 4600.509
 10/3-10/26 4600.510
 11/2-11/30 4600.511
 12/5-12/21 4600.512
 1/2-1/30 4600.601
 2/1-2/27 4600.602

**No Class: 11/23, 12/26, 12/28*

Karate Ages 7+

Learn martial arts for self-defense, recreation, or competition. Build respect and self-esteem through kick punches, throws, karate, gymnastics, and katas.

Options: Students may purchase gi from instructor (\$25+), test for higher belt level (\$30), and compete in AAU tournaments. **ADULTS WELCOME.**

Instructor: Al Muir
Location: Sunset Center, Sunset Room
Price: \$53/\$48 *Resident Discount*
 **\$41/\$36 *Resident Discount*

Tuesday 6:00-7:30pm

9/5-10/24 4081.509
 11/7-12/19 4081.511**
 1/9-2/27 4081.601

**No Class 10/31, 11/21, 12/26-1/22*



Cooking with Kids Ages 7-9

Instructor: Elaine Gazzolo
Location: Community Center

Kids In The Kitchen

Youngsters will have an opportunity to prepare and eat nutritious yet kid-friendly meals while learning basic cooking techniques. Please bring a plate to each class. We will prepare Minestrone Soup, Cheesy Pretzels, Piggy Pancakes, Peanut Butter & Jam Cookies and more.

Price: \$39/\$34 *Resident Discount*
Wednesdays 4:00-5:00pm 9/27-10/18 4077.509

Halloween Sweets-N-Treats

Kids will have a hauntingly fun time as we prepare an assortment of ghoulish goodies such as a Yummy Mummy, Frankenstein's Freaky Fingers, Black Cat Cookies, Monster Mud and/or a Jack-O-Lantern Jolly Lolly. Please bring a sturdy plate to take your treats home on!

Price: \$18/\$16 *Resident Discount*
Wednesday 4:00-5:00pm 10/25 4077.510

Christmas Sweets-N-Treats

Come celebrate the upcoming holidays in this one hour baking workshop! We will make and decorate a variety of Christmas cookies, baked goodies and treats that might make Santa want to come visit Rocklin early! Please bring a sturdy plate to class to take your treats home on.

Price: \$18/\$16 *Resident Discount*
Wednesday 4:00-5:00pm 12/20 4077.512

Music Mike Family Concert

Sunset Center Main Hall • 2650 Sunset Blvd

August 9, October 11, December 6, 2006

7801.508 7801.510 7801.512

Wednesdays, 7:00-8:00pm

PRE-SALE TICKETS: \$6

Special pre-sale price for a family of four: \$18 • At The Door: \$8 per person

Join this popular children's performer in Rocklin family concerts. Music Mike is well known among the preschool population for his fun versions of traditional folk songs and his own originals. Come prepared with your hands ready for clapping, feet ready for stomping, and mouths ready to smile! There is no charge for grandparents and in-arm babies.